

PREVENTIVE CARE FOR YOUNG CHILDREN

12 MONTHS

Nutrition and feeding

- ★ serve whole milk in cup
- ★ complete weaning to cup
- ★ join family at dinner time
- ★ provide finger foods
- ★ don't add additional salt or sugar to food
- ★ let toddler feed self; all food groups
- ★ offer a variety of foods- let toddler decide how much to eat

Growth and development

- ★ pulls to stand
- ★ stands alone for short periods
- ★ walks holding on to objects/ may walk alone
- ★ imitates sounds; mama, dada
- ★ shows emotions, resistive behavior
- ★ claps to sounds
- ★ wants caregivers approval
- ★ names, objects/ parts of body
- ★ uses thumb/forefinger together

Safety and injury prevention

- ★ use toddler car seat- secure properly in the back seat; is everybody buckled up?
- ★ safety-proof home: no exposed cords, cover outlets, safety caps on medicine; keep bleach, gasoline, detergents out of reach
- ★ keep Ipecac in home; know Poison Control number 1-800-Poison-1 (1-800-764-7661)
- ★ check expiration date on the medication
- ★ don't give peanuts, popcorn, hot dogs/sausage, carrot/celery sticks, grapes, raisins, hard candy until age 3-4
- ★ empty containers after each use, e.g., 5 gal. plastic buckets
- ★ install gates at bottom & top of stairs; safety devices on windows
- ★ do not leave alone with young sibling or pet
- ★ limit sun exposure/ use sunscreen
- ★ assure smoke free environment
- ★ have working smoke alarms
- ★ have plan to escape in event of fire
- ★ supervise indoor and outdoor play
- ★ do not leave unattended in bath

Babies enjoy

- ★ rhymes and songs
- ★ stacking towers
- ★ pushing, pulling, dumping, riding toys
- ★ pouring from pitcher
- ★ wooden blocks
- ★ nesting cups/blocks
- ★ large crayons
- ★ picture books and love being read to

(12 months, continued)

Health teachings

- ★ understand that temper tantrums and resistant behavior are normal
- ★ redirect attention when necessary or use time out (1 minute/year of age)
- ★ provide consistent discipline; for unwanted actions
- ★ provide transitional object, e.g., favorite toy/blanket
- ★ reward good behavior but not with food
- ★ begin brushing teeth with parent "follow-up"; use pea size amount of fluoride toothpaste
- ★ have child sleep in own bed
- ★ read and talk to your child
- ★ toddler may touch own genitals
- ★ avoid over-the-counter drugs without doctor's advice
- ★ don't smoke around child
- ★ learn CPR and first aid
- ★ wash adult's and infant's hands after changing diapers

Family issues

- ★ need individual time for self and partner
- ★ encourage family involvement with care of toddler
- ★ work together for consistency in discipline and limits
- ★ keep family members in good health; encourage regular health care
- ★ violence potential; handle anger appropriately
- ★ watch for neglect or abuse
- ★ may need extra support, e.g., divorce, disability, income issues, grief, transportation
- ★ may need additional child care services

Questions? Contact:

- ✧ Local Community Health Services Office
- ✧ Local Family Resource List
- ✧ Head Start
- ✧ Resources for Family - Provider Information Line 1-800-529-5000
- ✧ SD Department of Health 1-800-738-2301
- ✧ Health Care Provider

REMEMBER: ***Everyone wash hands
(Adults and Children)***